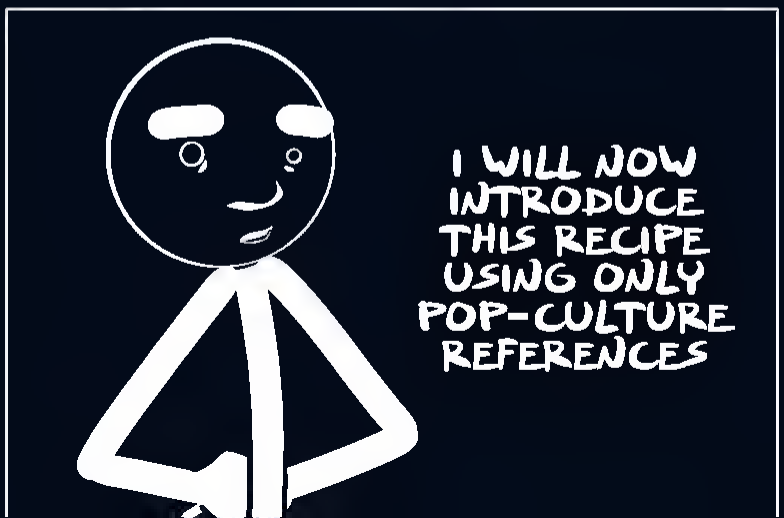
COOKING COMICALLY

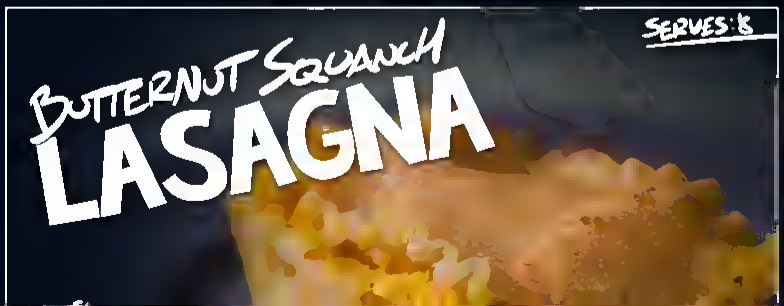


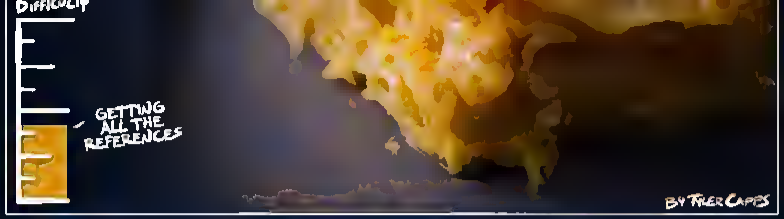
WINTER IS COMING

YOU ARE NOT PREPARED!

VEGETABLE LASAGNA

THANK YOU


SERVES: 8
BUTTERNUT SQUASH
LASAGNA



INGREDIENTS

THE ROASTING STUFF

Butternut Squash
~3 lbs 1.4kg

Vegetable Oil
2 Tbsp 30ml

Salt
1 Tsp 6g

THE SAUCE STUFF

Butter
¼ Cup 55g

Onion
¼

Garlic
5 cloves diced or pressed

All-Purpose Flour
¼ Cup 30g

Milk

4 Cups 950ml

Salt

to taste

Pepper

to taste

LASAGNA STUFF

no bake/oven ready

Lasagna Noodles

~15

Parmesan

1½ Cups 120g

Mozzarella

~1 Cup 100g

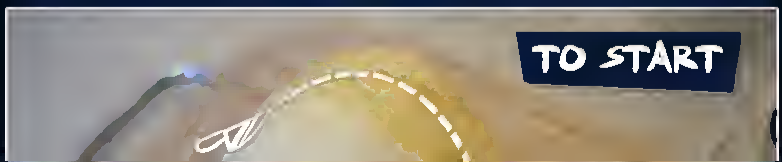
THE TOPPING STUFF

Heavy Whipping Cream

1 Cup 235ml

Salt

to taste

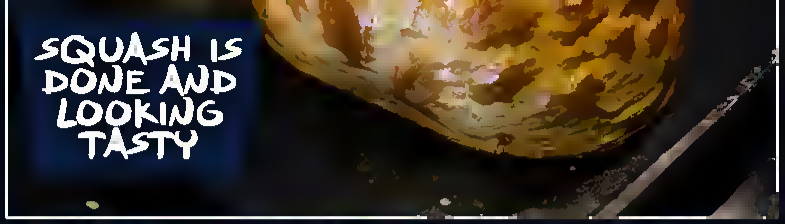


GET THE SQUASH READY BY SLICING IT IN HALF AND REMOVING THE STEM
THEN DIG OUT THE SEEDS AND PULP

LIKE SO
PLACE THE SQUASH HALVES FACE-DOWN ON A GREASED BAKING SHEET
BASTE WITH VEGETABLE OIL AND SPRINKLE WITH SALT
BAKE

Vegetable Oil
2 Tbsp
Salt
1 Tsp
BAKE @450°F (230°C) FOR 45 MINUTES
MEANWHILE DICE YOUR ONIONS AND GARLIC
Garlic
5 cloves
Onion
1/4
AND GET THE WHIP TOPPING READY
HEAVY WHIPPING CREAM
1 Cup
Salt
to taste

BY ADDING THE HEAVY CREAM AND SALT TO A BOWL AND WHIPPING UNTIL IT LOOKS LIKE THIS


SQUASH IS DONE AND LOOKING TASTY

SCOOP OUT ALL OF THE SQUASH OUT OF THE SKIN AND INTO A BOWL

CREAMY AND DELICIOUS

MELT THAT BUTTER IN A LARGE SKILLET ON MEDIUM HEAT
Butter
¼ Cup
55g

TOSS IN THE ONIONS AND COOK UNTIL SOFT

FOLLOWED

BY THE GARLIC UNTIL IT'S FRAGRANT
FLOUR
All-Purpose Flour
1/4 Cup
THEN THE FLOUR GOES IN
COOK FOR ABOUT 3 OR 4 MINUTES

IT WILL BECOME THICK AND BUBBLY
ADD THE MILK AND BRING TO A SIMMER FOR ABOUT 10 MINUTES
Milk
4 Cups
WHEN THE SAUCE IS THICK ENOUGH TO DO THIS YOU'RE READY

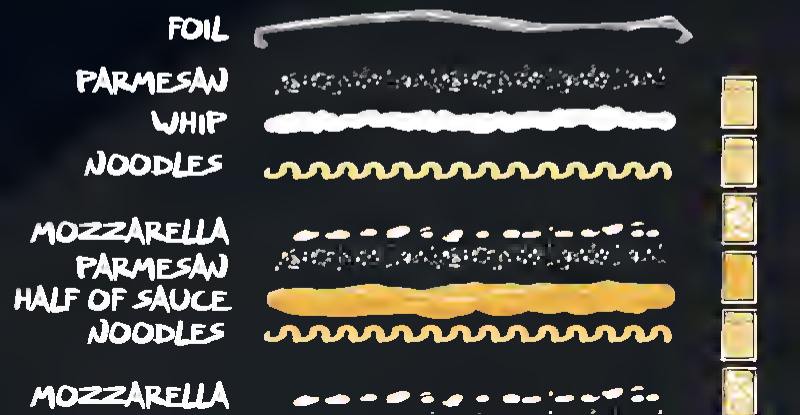
CONGRATULATIONS
YOU JUST MADE A SIMPLE

BÉCHAMEL SAUCE

BECHAMEL SAUCE IS A WHITE SAUCE MADE FROM BUTTER, FLOUR AND MILK AND IS A BASE FOR MANY OTHER SAUCES USED IN ITALIAN AND FRENCH CUISINE. NOT SO DIFFICULT IF I DON'T TELL YOU THE FANCY NAME BEFOREHAND RIGHT?

DUMP ALL THAT SQUASH INTO THE SAUCE AND MIX WELL

BEGIN CONSTRUCTION



PARMESAN
HALF OF SAUCE
NOODLES

PAN
(GREASED)

BE SURE THE FOIL IS ON TIGHT AND

BAKE @ 375°F (190°C) 30 MINUTES

FOIL AND
CONTINUE
BAKING FOR
10 MORE
MINUTES
SERVE HOT
AND ENJOY

THE NOTES

- WHY WHIPPED CREAM? BECAUSE IT'S DELICIOUS AND MELTS OVER THE LASAGNA HELPING TO FURTHER COOK THE TOP LAYER OF NOODLES.

- THE BUTTERNUT SQUASH SAUCE CAN ALSO BE USED FOR A TWIST ON OTHER PASTA DISHES.

- SWAP OUT THE BUTTERNUT SQUASH SAUCE WITH A MARINARA OR BOLOGNESE AND TOSS IN SOME RICOTTA WITH THE REST OF THE CHEESE AND YOU'VE GOT A SOLID TRADITIONAL LASAGNA.

- GAME IN THE SCREENSHOT IS ROCKET LEAGUE.

AND AS ALWAYS

THANK YOU FOR READING

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